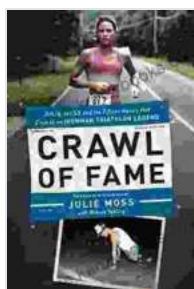


Julie Moss and the Fifteen Feet That Created an Ironman Triathlon Legend

On February 18, 1982, Julie Moss made history by becoming the first woman to complete the Ironman Triathlon in Hawaii. She finished the grueling 2.4-mile swim, 112-mile bike ride, and 26.2-mile run in a time of 12 hours and 55 minutes, shattering the previous women's record by over an hour.

Moss's victory was not just a personal triumph; it was a watershed moment for women's sports. Her performance inspired countless other women to take up triathlon and pursue their own athletic dreams.

In her new book, **Julie Moss and the Fifteen Feet That Created an Ironman Triathlon Legend**, Moss shares her inspiring story with the world. She recounts the challenges she faced as a female athlete in the early 1980s, and she offers her insights on how to overcome obstacles and achieve your goals.



Crawl of Fame: Julie Moss and the Fifteen Feet that Created an Ironman Triathlon Legend by John Stevens

★★★★☆ 4.4 out of 5

Language : English
File size : 50685 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 346 pages



Moss's book is a must-read for anyone who is interested in triathlon, women's sports, or overcoming adversity. It is a story of courage, determination, and the power of dreams.

- Chapter 1: The Early Years
- Chapter 2: The Road to Kona
- Chapter 3: The Ironman Triathlon
- Chapter 4: The Aftermath
- Chapter 5: The Legacy

Julie Moss was born in 1959 in San Diego, California. She grew up in a family of athletes, and she began swimming at a young age. She was a natural athlete, and she quickly excelled in the pool.

In high school, Moss began competing in triathlons. She quickly rose to the top of the women's rankings, and she was soon one of the favorites to win the Ironman Triathlon.

In 1981, Moss began to prepare for her first Ironman Triathlon. She trained for months, and she was determined to win.

On race day, Moss swam the 2.4-mile course in a time of 57 minutes. She then completed the 112-mile bike ride in a time of 6 hours and 28 minutes. She was now in the lead, and she was on pace to break the women's record.

As Moss approached the finish line, she was met with a wall of fatigue. She had never run a marathon before, and she was struggling to keep going.

With just 15 feet to go, Moss collapsed to the ground. She was exhausted, and she was ready to give up.

But then, she heard the crowd cheering her on. She knew that she couldn't stop now.

Moss got to her feet and stumbled across the finish line. She had won the Ironman Triathlon in a time of 12 hours and 55 minutes.

Moss's victory was a major upset. She was not the favorite to win, and she had never run a marathon before.

But Moss's victory was not just a fluke. She had trained hard for months, and she was determined to win.

Moss's victory inspired countless other women to take up triathlon. She showed the world that women were capable of competing in and winning endurance sports.

After her victory at the Ironman Triathlon, Moss became a role model for women around the world. She was featured in magazines and newspapers, and she appeared on television shows.

Moss used her platform to promote women's sports and to inspire others to achieve their dreams.

Moss continued to compete in triathlons for several years after her victory at the Ironman Triathlon. She won several more races, and she set a new women's world record for the Ironman distance.

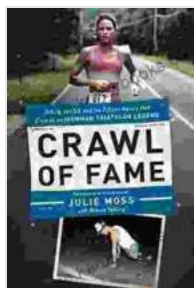
In 1993, Moss retired from triathlon to focus on her family. She is now married and has two children.

Julie Moss's legacy is one of courage, determination, and the power of dreams. She was the first woman to win the Ironman Triathlon, and she inspired countless other women to take up the sport.

Moss's story is a reminder that anything is possible if you set your mind to it. She is a role model for all of us, and her story will continue to inspire generations to come.

Julie Moss's new book is a must-read for anyone who is interested in triathlon, women's sports, or overcoming adversity. It is a story of courage, determination, and the power of dreams.

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